

THE JOY OF MOTHERHOOD

Came to this Woman after Taking Lydia E. Pinkham's Vegetable Compound to Restore Her Health

Ellensburg, Wash.—"After I was married I was not well for a long time and a good deal of the time was not able to go about. Our greatest desire was to have a child in our home and one day my husband came back from town with a bottle of Lydia E. Pinkham's Vegetable Compound and wanted me to try it. It brought relief from my troubles. I improved in health so I could do my housework; we now have a little one, all of which I owe to Lydia E. Pinkham's Vegetable Compound."—Mrs. O. S. Johnson, R. No. 3, Ellensburg, Wash. There are women everywhere who long for children in their homes yet are denied this happiness on account of some functional disorder which in most cases would readily yield to Lydia E. Pinkham's Vegetable Compound. Such women should not give up hope until they have given this wonderful medicine a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of 40 years experience is at your service.



Improved in health so I could do my housework; we now have a little one, all of which I owe to Lydia E. Pinkham's Vegetable Compound. There are women everywhere who long for children in their homes yet are denied this happiness on account of some functional disorder which in most cases would readily yield to Lydia E. Pinkham's Vegetable Compound. Such women should not give up hope until they have given this wonderful medicine a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of 40 years experience is at your service.

Clear Your Skin While You Sleep with Cuticura

Barbanel's Perspiration Corrector

Mountains of Oil

PATENTS

When Your Eyes Need Care

The Efficient War Garden

RUSSIA NEVER REAL NATION

Dead Easy

The Wear and Tear on that boy of yours during the active years of childhood and youth necessitates a real building food.

Grape-Nuts

supplies the essentials for vigorous minds and bodies at any age.

"There's a Reason"

Rev. T. T. Carter

Show Thyself a Man

By REV. W. W. KETCHUM

Director of Practical Work Course, Moody Bible Institute, Chicago

TEXT—I go the way of all the earth; he thou strong therefore, and show thyself a man.—1 Kings 2:2



An old man lay dying. Behind him was a checkered and romantic career. In his youth he was a shepherd. He became king of Judah, and upon Saul's death was elected king of Israel as well. His sons Absalom and Adonijah, separately and at different times, tried to wrest his throne from him. At last, however, he had the satisfaction of seeing the son whom he had chosen to succeed him crowned king. As he lay dying he called the young king into his presence, and this is what Solomon heard David, his father, say: "I am going the way of all the earth. Show thyself a man."

Not by Clothes. Solomon must have pondered the meaning of these words, and as we look back over his life it might be wondered if he did not interpret, "Show thyself a man," to mean that he should wear costly and ornamental array. His magnificent clothes made such an impression on the Lord, holding forth a lily, said: "Solomon in all his glory was not arrayed like one of these."

Strange, it is not that, even in these days, when the realities of life are being borne in upon us as never before, there are folks who act as if they thought clothes instead of character make the man.

You can test this in most any social gathering. Two men enter; one, with heart as black as hell, but dressed like a fashion plate and with the airs of a gentleman; the other, with sterling character, but green and awkward, wears ordinary plain clothes. The first is a center of attraction while the second is unnoticed unless some one, out of pity, keeps him company. I do not say this would be so if the real value of each man was known, but in the absence of such knowledge, is it not true that often we act as if clothes and not character, make the man?

Not by Wealth. It may be Solomon thought his father meant that he should acquire wealth, for he amassed a great fortune and became the richest man of all time. He erected a palatial residence that took thirteen years to build, and had such sumptuous surroundings and so much wealth, that the queen of Sheba, hearing of his glory, came to visit him and when she saw it all, exclaimed: "The half was never told."

How many there are today to whom wealth is an indication of manhood. Let it be said that one is rich, and immediately these people do him honor, as if what he possesses, instead of what he is, makes him a man. It is a bad custom we have of asking how much a man is worth, rather than what is his character. A man may have a good character with dollars, and just as easily, he may have a bad character without them. It is not money, or the want of it, that determines a man's character. It is what he actually is.

Wealth may induce to badness, and so may poverty; neither, however, need be blamed for ruined character, because God will give strength and grace to bear either, if we ask him.

Not by Culture. Possibly Solomon thought that culture makes a man, for we read that he became the wisest of all men. Yet after acquiring understanding in many things, it was he who said at last: "Trust in the Lord and lean not to thine own understanding."

We should remember that God puts no premium upon ignorance. He expects us to develop and increase in knowledge. The splendid schools and colleges of our day offer youth great opportunities for development; but should all the culture and learning of the world be acquired, and one know not God and Jesus Christ whom he has sent, he is still ignorant of the greatest and most vital truth—truth that is essential to his character, and without which he lacks the power to build that Christian character which alone can stand the testings of God, and having stood them, endure throughout eternity.

The apostle tells us that "other foundation can no man lay than that is laid, which is Jesus Christ." And he says: "If any man build upon this foundation"—not learning, not culture, but Christ—"he shall receive a reward," provided of course, his building be of such material as will stand the test of fire. And so he adds: "Take heed how ye build thereupon."

Yes, let us take heed how we build thereupon; what kind of Christian characters we erect; but first of all, we need to be definitely sure that we are building upon the only foundation, which is Jesus Christ our Lord. Then as we build our Christian character upon him, may each one of us show himself a man.

Rise to an Ambition. Let a true conformity to the beloved Son, the express image of the Father, be the unmovable desire of the soul. Rise to an ambition which is above worlds, which soar to the highest heaven, which satisfies itself only in God. "For the joy that was set before him he endured the Cross." He was not above human need, or the power of impulse which is given to the human consciousness by the contemplation of the reward, the glorious recompense of self-sacrifice. Stimulate your supernatural ambition by the same marvelous future of an exalted destiny among the saints, within the throne, by the right hand of God.—Rev. T. T. Carter.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By Rev. P. H. FITZWAHER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)

LESSON FOR SEPTEMBER 1

SOME LAWS OF THE KINGDOM OF GOD.

LESSON TEXTS—Luke 6:20-26; 21:4. GOLDEN TEXT—Remember the words of the Lord Jesus, how he said, it is more blessed to give than to receive.—Acts 20:35.

DEVOTIONAL READING—II Corinthians 9:5-11. ADDITIONAL MATERIAL FOR TEACHERS—Luke 15:9; Romans 12:9; I Corinthians 9:5-11; Hebrews 13:16; Ezra 1:2-4; I Chronicles 2:1-4.

The principles of ethics which shall prevail in the earth when Jesus Christ shall be king are entirely different from those of the world. The worldly spirit always inquires as to what gain will accrue from an action or service. Its policy is doing good for the sake of getting good. Those who have been made partakers of the divine nature, who are really subjects of the kingdom, do good because they have the nature and spirit of God, not because they expect something in return.

I. Give to Every Man That Asketh of Thee (v. 20).

This does not mean that any request that may be made by the idle, greedy and selfish should be granted. Only evil would result from such indiscriminate and unregulated giving. Such benevolence would foster idleness and selfishness. Oftentimes the worst thing you can do for a man is to give him money. The drunkard will only spend it for more drink; the gambler will continue his dissipation. The meaning then is, give to the one asking the thing which he needs. The man in poverty needs to be given a way to earn his living, rather than to be given money without the necessity of labor. There is that in the human heart which refuses charity, and cries out for a means to honestly gain a livelihood.

II. Of Him That Taketh Away Thy Goods, Ask Them Not Again (v. 30). "Ask" here means demand. It doubtless forbids the forcible demanding of the return of that which has been taken from one.

III. Do to Other Men as You Would That They Should Do Unto You (vv. 31-34). This ethic puts life's activities on the highest possible ground. He does not say, refrain from doing that which you would not like to be done to you, as even Confucius taught; but to positively make the rule of your life the doing to others as you would wish them to do unto you. Loving those who love us, doing good to those who do good to us, and lending to those from whom we hope to receive, is just what all the sinners of the world are doing. The child of the kingdom of Christ is to be different.

IV. Love Your Enemies (v. 35). That which is natural to the human heart is to hate the enemy. To love in the real sense means to sincerely desire the good of even one's enemy and willingness to do anything possible to bring that good. Such action is only possible to those who have been born again. Christ loved those who hated him. He was willing even to die for his enemies.

V. Lend, Hoping for Nothing Again (v. 35).

This is what the Heavenly Father is constantly doing. He is kind and gracious unto the unthankful and the wicked. He sends his rain and sunshine upon the unjust and sinners. He makes fruitful the soil of those who blaspheme his name. He thus does because it is his nature to do so.

VI. Be Merciful (v. 36).

The example for the imitation of the disciple is the Heavenly Father. VII. Judge Not (v. 37).

To judge does not mean the placing of just estimates upon men's actions and lives, for, "By their fruits ye shall know them." The tree is judged by the fruit it bears. The thorn tree does not bear figs, nor the apple tree bear grapes. Our only way of discerning the character of men and women is their actions. That which is condemned is censorious judgment—the impugning of motives.

VIII. Condemn Not (v. 37). This means that we should not pass sentence upon men for their acts, for to their own master they stand or fall (Rom. 14:4). The real reason why such action is not warranted is that the bias of our hearts and the limitation of our judgments render it impossible to righteousness and intelligently pass judgment.

IX. Forgive (v. 37).

Those who forgive shall be forgiven. Those who have realized the forgiving mercy of God will be gracious and forgiving toward others. XI. Liberty Determined by What Is Left (Luke 21:4).

The rich cast into the treasury much, but it was from all that she had; the poor widow cast in all that she had; there was nothing left. God estimates a gift by what one has left, not by the size of the gift. To give the widow's mite is to give all. For the millionaire to give the widow's mite would mean for him to give his millions.

Spiritually Discerned. We shall look upon the incarnation, the greatest conceivable fact, not that we may bring it within the range of our present powers, not that we may measure it by standards of this world, but that we may learn from it a little more of the Gospel grandeur of life, that by its help we may behold once again that halo of infinity about common things which seems to have vanished away, that, thinking on the phrase, "the Word became flesh," we may feel that in, beneath, beyond the objects which we see and taste and handle is a Divine Presence, that lifting up our eyes to the Lord in glory we may know that phenomena are not ends, but signs only of that which is spiritually discerned.—Bishop Westcott.

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

"BAR THE BARLEY FROM THE BAR AND BAKE IT INTO BREAD."

Barley flour makes excellent bread and barley mush is a splendid breakfast food. The country needs the barley that is being rotted to make beer. The following recipes are offered to those who do not know how to use barley flour to make barley flour and wheat flour bread:

Five cupsful wheat flour. One cupful barley flour. (Above flour sifted together.) One cupful scalded milk. One cupful water. One tablespoonful shortening. Two tablespoonfuls sugar. Two teaspoonfuls salt. One cake compressed yeast, dissolved in one-quarter cupful lukewarm water.

Place the sugar, salt and shortening in the mixing bowl and pour in the scalded milk and water. When cooled to lukewarm add the dissolved yeast, then stir in the flour previously sifted together, and when thoroughly mixed place on breadboard and knead until smooth and elastic, adding a little flour from time to time if necessary; then place in a greased bowl, cover and let rise in a warm place until light (about two and a half hours). Knead it down in the bowl and allow it to stand until light, which will require about one hour. Knead down and let stand for 20 minutes, then mold into loaves, place in greased pans and let rise until light. Bake well in a moderate oven. If it is preferred to set overnight use only one-half compressed yeast cake or one dry yeast cake and an extra one-half teaspoonful of salt.—Union Signal.

WASTING FOOD, LABOR, LIFE.

These are the chief factors in winning the war—and the liquor men are wasting all three. They are wasting food. Last year the waste amounted to 7,000,000,000 pounds of foodstuffs! And they have no right to starve some men by making others drunk!

They are wasting labor. About 300,000 men are engaged in the manufacture, sale and distribution of booze—in breweries, saloons and restaurants, as brewers, bartenders and waiters—at a time when every man is needed in some useful occupation to help win the war. The labor of these 300,000 men is worse than wasted—no possible good can come of it, but much harm is done. They are wasting life. Bartenders, brewery workers and waiters in saloons lose an average of six years of life on account of their occupations. If the 300,000 men who make and sell booze lose an average of six years of life, it makes a total of 1,800,000 years of life. The average man works about 30 years—so that the liquor traffic is using up the equivalent of 60,000 men in each generation. And this is too great a price for the nation to pay.—Charles Stelzel.

GERMAN BEER-POISONED.

This from an article by Professor Daly of Harvard, in the New York Times: "A mildly alcoholic state is usually not conspicuous by a very decided lack of efficiency or of social decorum in the poisoned man. Hence the effects of steady beer drinking are not as striking as in the case of persons poisoned with whisky, rum, or absinthe. Yet I venture the hypothesis that life-long drinking of mild beer has been one of the most potent causes for the amazing brutalities of official Germany. Those crimes have been ordered by men who, for decades, have been poisoned by beer. In times of peace and quiet the poisoning causes derangement of brain tissue, often expressed merely in some form of sentimentality, plain or maudlin. If, however, the victim is put under stress, his nervous disorder is likely to lead to bad temper and bad judgment, with endless possibilities in the way of loss of dignity, poise, and the sense of human fellowship. The final result here considered is the development of true savagery."

SCIENCE OUR GREAT ALLY.

The aim of science—says a great scientist of our day—is not primarily improvement of the community or government of the state. These are merely its by-products. Its purpose is the revelation of truth. Hence the conclusions of science should have, do have, enormous weight in this age of truth-seeking; in these times when reason, not sentiment, rules, when the people are everywhere asking to be shown. The voice of science should have, is having, great influence in the settlement of the liquor question. We should see to it that our statesmen, our lawmakers, our men and women thinkers and voters, are informed as to its latest word concerning alcohol.

FEWER INEBRIATES.

The State Hospital for Inebriates at Knoxville, Ia., is finding its supply of patients steadily diminishing. Two years ago it cost \$12,243 to maintain the hospital for one quarter. For the quarter ending December 31, 1917, the maintenance was only \$3,445, a 75 per cent decrease in two years.

DESTROYED BY BEER.

The German nation has become a synonym for brutality because the best part of the national nature has been destroyed by beer drinking.—Judge Herbert P. Whitney of Toledo. After one year of prohibition in Omaha the special public prosecutor reports a reduction of 50 per cent in police-court arrests. Twelve states have ratified the national constitutional amendment for prohibition of the drink traffic.

FIND HUMOR IN AD COLUMNS

Notices Not Intended to Be Funny, but Are Made So by Their Peculiar Wording.

Advertisements are vagarious things sometimes, as, for example, these, which were all actually printed: "A respectable young woman wants washing."

"I will make coats, caps, and boas for ladies out of their own skins." "I want an overseer who can take care of 5000 sheep who can speak French fluently." "Wanted—A girl who can cook; one that will make a good stew." "I want a husband with a strong Roman nose with strong religious tendencies." "I will sell a fiddle of old wood I made out of my own head and have wood left enough for another."

"For Sale—A small stock of the same whisky drunk by his majesty on his recent visit to Dublin." "One hundred dollars reward for the recovery of the body of Hale Short, drowned in the river on the night of the 17th. The body can be recognized by the fact that Short had an impediment in his speech."

GIRLS! USE LEMONS FOR SUNBURN, TAN

Try it! Make this lemon lotion to whiten your tanned or freckled skin.

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best freckle, sunburn and tan lotion, and complexion whitener, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how quickly the freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

MOST GOLFERS WILL SAY SO

Only One Classification for Player Who Would Make Such a Claim as That.

"Pa," said Tommy, who had caddied one afternoon at one of the golf clubs, "is a man a good golfer if he knocks the ball one hundred and twenty-five yards?" "Just a novice, my son."

"Well, if he knocks the ball two hundred and fifty yards?" "Mighty good! He's mighty good if he can do that, my boy."

"Well, pa, what if he knocks it two hundred and seventy-five yards?" "He's a splendid player, Tommy," replied pa, as he once more fastened his eye on the newspaper.

"Well, pa, what if he knocked the ball three hundred and twenty-five yards—what would he be then?" "Probably a liar, my son. Now you had better kiss mamma and go to bed."

TOO WEAK TO FIGHT

The "Come-back" man was really never down-and-out. His weakened condition because of overwork, lack of exercise, improper eating and living demands stimulation to satisfy the cry for a health-giving appetite and the refreshing sleep essential to strength. GOLD MEDAL Haarlem Oil Capsules, the National Remedy of Holland, will do the work. They are wonderful. Three of these capsules each day will put a man on his feet before he knows it; whether his trouble comes from uric acid poisoning, the kidneys, gravel or stone in the bladder, stomach derangement or other ailments that befell the over-zealous American. The best known, most reliable remedy for these troubles is GOLD MEDAL Haarlem Oil Capsules. This remedy has stood the test for more than 200 years since its discovery in the ancient laboratories in Holland. It acts directly and gives relief at once. Don't wait until you are entirely down-and-out, but take them today. Your druggist will gladly refund your money if they do not help you. Accept no substitutes. Look for the name GOLD MEDAL on every box, three sizes. They are the pure, original, imported Haarlem Oil Capsules.—Adv.

Sure to Miss Him.

Father was sitting in the den taking a peaceful smoke, when there came from the parlor a noise that sounded like a cross between the sigh of a pine tree and the wail of a locomotive. With something akin to strong language he rose and went downstairs. In the hall he met his daughter. "Say, Bessie," queried the old man, "what is the agitation in the parlor?" "Charlie," was the response of Bessie. "He is singing 'I Wonder if He Will Miss Me?'" "Yes," answered dad, regretfully. "I can't see to shoot straight at night, and I am too rheumatic to kick."

No Older Than Your Face.

Is true in most cases. Then keep your face fair and young with Cuticura Soap and touches of Cuticura Ointment as needed. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Popularity that is sought for selfish reasons only soon becomes unpopular.

Philadelphia stores will presently limit deliveries to one daily.

During the month of May sixteen New Jersey towns voted dry, among them Princeton. In Wisconsin the important cities of Superior, Ashland and Beloit voted dry.

Are You Bloated After Eating With that gassy, puffy feeling, and hurting near your heart? For Quick Relief—Take ONE

EATONIC

FOR YOUR STOMACH'S SAKE

You can fairly feel it work. It drives the GAS out of your body and the Bloat goes with it.

Removes Quickly—Indigestion, Heartburn, Sour Stomach, etc. Get EATONIC from your Druggist with the DOUBLE GUARANTEE

Get for the "EAT" Brand. Address: Eaton's Remedy Co., 1019 St. Paul, Wash. Ave., Chicago, Ill.

Costs a Cent or Two a Day

War-Time Seesaws.

The Tommies describe those big belts of steel that are sawed in half to make arched roofs for dugouts as "elephant iron." The French gain describes them as "rookers." Whenever two youths of France discover one of these half sections on its back with the ends sticking up, they balance a plank across it and merrily proceed to seesaw.

Slow Release. "Who did you say helped you get out of jail?" "Why, nobody else but Father Time."

Life of a Zoo Elephant. Zoo Visitor—"What's the average life of a zoo elephant?" Attendant—"Just one dang peanut after another."

Handing It to Him. "Aa," said Eve, coyly, as she winked at the snake unbeknownst to Adam, "you are the one man in the world for me." Then she handed him the apple.

Stomach Troubles and Dysentery caused from drinking ice water or from sleeping near an open window should be checked immediately. Get a bottle of GROVE'S BABY RHOYAL. It is a safe and sure remedy for stomach disorders. It is just as effective for Adults as for Children.

A Message to Mothers

YOU know the real human doctors right around in your neighborhood; the doctors made of flesh and blood just like you; the doctors with souls and hearts; those men who are responding to your call in the dead of night as readily as in the broad daylight; they are ready to tell you the good that Fletcher's Castoria has done, is doing and will do, from their experience and their love for children.

Fletcher's Castoria is nothing new. We are not asking you to try an experiment. We just want to impress upon you the importance of buying Fletcher's.

Your physician will tell you this, as he knows there are a number of imitations on the market, and he is particularly interested in the welfare of your baby.

Genuine Castoria always bears the signature of Dr. J. C. Fletcher

Canada made me Prosperous

—that's what thousands of farmers say, who have gone from the U. S. to settle on homesteads or buy land in Western Manitoba, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops to feed the world.

You Can Get a Homestead of 160 Acres Free

or other lands at very low prices. Where you can buy good farm land at \$15 to \$30 per acre that will raise 20 to 45 bushels of \$2 wheat to the acre—it's easy to become prosperous. Canadian farmers also grow wonderful crops of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools and churches; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada, or to

J. P. JAFFRY, Car. Walnut & Broad Sts., Philadelphia, Pa. Canadian Government Agent

All in the Day's Work.

An English Tommy or a French poltro still has a heart of invincible stoutness; but in his fighting he has become like the famous Baron Vere: "Had one seen him returning from a victory one would by his silence have suspected that he had lost the day! and had he beheld him in a retreat he would have deemed him a conqueror by the cheerfulness of his spirit." For them it is all in the day's work.—Elizabeth Frazer in the Saturday Evening Post.

Testimony.

Cop—"Folks got their punishment in this world, Dan. Every criminal I ever knew had several wives."

Twins.

Two hobos met on a blind siding. One had been a salesman, whose hours were 10 a. m. to 4 p. m. The other one didn't have any money either.—The Vagabond.

Britain's war debt is now \$27,638,000,000; Germany's is \$25,408,000,000; Austria's \$19,018,000,000.

ASTHMADOR AVERTS-RELIEVES HAY FEVER ASTHMA Begin Treatment NOW All Druggists Guaranteed

NO WORMS In A Healthy Child

All children troubled with worms have an unhealthy color, which indicates poor blood, and as a rule, there is more or less stomach disturbance.

Grove's Tasteless chill Tonic

contains just what the blood needs, Iron and Quinine in a form acceptable to the most delicate stomach and if given regularly for two or three weeks will enrich the blood, improve the digestion and act as a general strengthening tonic to the whole system. Nature will then throw off or dispel the worms, and the child will be in perfect health. It is pleasant to take. Price 60c.

PERFECTLY HARMLESS. CONTAINS NO NUX-VOMICA OR OTHER POISONOUS DRUGS.

When A General Strengthening Tonic is Needed in the Home For The Child, For the Mother or the Father, Take Grove's Tasteless chill Tonic

Grove's chill Tonic Tablets

You can now get Grove's Tasteless chill Tonic in Tablet form as well as in Syrup, the kind you have always bought. The Tablets are intended for those who prefer to swallow a tablet rather than a syrup, and as a convenience for those who travel. The tablets are called "GROVE'S CHILL TONIC TABLETS" and contain exactly the same medicinal properties and produce exactly the same results as Grove's Tasteless chill Tonic which is put up in bottles. The price of either is 60c.

Popularity that is sought for selfish reasons only soon becomes unpopular.

Philadelphia stores will presently limit deliveries to one daily.

Are You Bloated After Eating With that gassy, puffy feeling, and hurting near your heart? For Quick Relief—Take ONE

EATONIC

FOR YOUR STOMACH'S SAKE

You can fairly feel it work. It drives the GAS out of your body and the Bloat goes with it.

Removes Quickly—Indigestion, Heartburn, Sour Stomach, etc. Get EATONIC from your Druggist with the DOUBLE GUARANTEE

Get for the "EAT" Brand. Address: Eaton's Remedy Co., 1019 St. Paul, Wash. Ave., Chicago, Ill.

Costs a Cent or Two a Day

Handing It to Him.

"Aa," said Eve, coyly, as she winked at the snake unbeknownst to Adam, "you are the one man in the world for me." Then she handed him the apple.

Stomach Troubles and Dysentery caused from drinking ice water or from sleeping near an open window should be checked immediately. Get a bottle of GROVE'S BABY RHOYAL. It is a safe and sure remedy for stomach disorders. It is just as effective for Adults as for Children.

A Message to Mothers

YOU know the real human doctors right around in your neighborhood; the doctors made of flesh and blood just like you; the doctors with souls and hearts; those men who are responding to your call in the dead of night as readily as in the broad daylight; they are ready to tell you the good that Fletcher's Castoria has done, is doing and will do, from their experience and their love for children.

Fletcher's Castoria is nothing new. We are not asking you to try an experiment. We just want to impress upon you the importance of buying Fletcher's.

Your physician will tell you this, as he knows there are a number of imitations on the market, and he is particularly interested in the welfare of your baby.

Genuine Castoria always bears the signature of Dr. J. C. Fletcher

Canada made me Prosperous

—that's what thousands of farmers say, who have gone from the U. S. to settle on homesteads or buy land in Western Manitoba, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops to feed the world.

You Can Get a Homestead of 160 Acres Free

or other lands at very low prices. Where you can buy good farm land at \$15 to \$30 per acre that will raise 20 to 45 bushels of \$2 wheat to the acre—it's easy to become prosperous. Canadian farmers also grow wonderful crops of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools and churches; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates